

2024 VIRTUAL TAI CHI CLASS

All our classes are FREE for Santa Clara Valley Medical Center (SCVMC) patients and patients from community partner clinics who seek Specialty care at SCVMC

ABOUT OUR CLASSES

- **Benefits:** Stress release, increase in energy, better balance, and increase in flexibility
- All classes are **FREE** and offered virtually using the Microsoft Teams app
- **To enroll**, please call **408-885-5436** or email us at AHEDClasses@hhs.sccgov.org
- For more **information** please visit our website at www.scvmc.org/AHED



WHEN

- Second Monday of January, March, May, July, and September
- All classes meet from 10 AM - 11 AM

Open to all Santa Clara Valley Medical patients and Community Partner patients who seek specialty care at SCVMC



**SANTA CLARA VALLEY
MEDICAL CENTER**

Santa Clara Valley Healthcare